

**WORKSTATION ERGONOMICS
PART 1 - EYESTRAIN**

T281

Name: _____

Date: _____

Test Questions:

1. Ergonomics is:
 - A. The science of adjusting your work environment to fit your body.
 - B. The science of adjusting your body to fit your work environment.
 - C. The study of space travel.
 - D. Another word for computer technology.

2. Eyestrain is often associated with:
 - A. Space travel.
 - B. Watching television.
 - C. Use of Video Display Terminals (VDTs) and inadequate lighting.
 - D. Wearing glasses.

3. "Ergonomic" solutions for eyestrain include:
 - A. Arranging lighting to minimize reflections and glare on the screen.
 - B. Arranging your monitor and reference material to minimize stress on the eyes.
 - C. Taking periodic rest breaks.
 - D. All of the above.

4. Optimum monitor distance from the eyes is:
 - A. Between 40 and 50 inches, or two arm's lengths.
 - B. Between 18 and 30 inches, or approximately one arm's length.
 - C. Under 18 inches.
 - D. There is no optimum distance. Put the monitor anywhere you please.

5. If you continue to experience eyestrain after you have rearranged the lighting and/or adjusted placement of your monitor and reference material, it is best to:
 - A. Change jobs.
 - B. Ignore the symptoms and hope they will go away.
 - C. Use eye drops.
 - D. Make an appointment with an eye doctor.

Signature